

## Appendix C

### Calorie Conversion Chart

10, 000 steps **approximately** equals:

<u>Weight Range</u>		<u>Calorie Cost</u>
100 — 119 lbs	=	420
120 — 139 lbs.	=	440
140 — 159 lbs.	=	460
160 — 179 lbs.	=	480
180 — 199 lbs.	=	500
200 — 219 lbs.	=	520
220 — 239 lbs.	=	540
240 — 259 lbs.	=	560
260 — 279 lbs.	=	580